



COORDINATION DRILLS

LEVEL 1

JUMPING SIDE TO SIDE



Set up a low hurdle, then jump with two feet together from one side of the hurdle to the other.

SPLIT JUMPS



Set up a low hurdle, then place one foot in front of the hurdle and the other foot behind. Jump up and swap your feet in the air.

IN OUT/ IN OUT



Set up two low hurdles, just greater than hip width apart. Start with two feet in between the hurdles then jump up and place both feet outside the hurdles.



Find out more about NeuroCentric!!

These exercises are intended as a guide only and do not replace comprehensive assessment and medical advice. Check in with your local physiotherapist or doctor to see if these exercises are suitable for you.

